



Full Report (All Nutrients) 01097, Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

Report Date: July 05, 2017 04:05 EDT

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.9g	1 cup 256g	0.5 cup 128g
Proximates							
Water	g	79.40	2	--	25.33	203.26	101.63
Energy	kcal	78	--	--	25	200	100
Energy	kJ	326	--	--	104	835	417
Protein	g	7.55	10	0.096	2.41	19.33	9.66
Total lipid (fat)	g	0.20	10	0.018	0.06	0.51	0.26
Ash	g	1.50	1	--	0.48	3.84	1.92
Carbohydrate, by difference	g	11.35	--	--	3.62	29.06	14.53
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	11.35	--	--	3.62	29.06	14.53
Minerals							
Calcium, Ca	mg	290	10	14.084	93	742	371
Iron, Fe	mg	0.29	9	0.057	0.09	0.74	0.37
Magnesium, Mg	mg	27	1	--	9	69	35
Phosphorus, P	mg	195	9	9.946	62	499	250
Potassium, K	mg	332	2	--	106	850	425
Sodium, Na	mg	115	2	--	37	294	147
Zinc, Zn	mg	0.90	--	--	0.29	2.30	1.15
Copper, Cu	mg	0.016	--	--	0.005	0.041	0.020
Manganese, Mn	mg	0.006	--	--	0.002	0.015	0.008
Selenium, Se	µg	2.5	--	--	0.8	6.4	3.2
Fluoride, F ^{1.2}	µg	8.5	19	1.113	2.7	21.8	10.9

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.9g	1 cup 256g	0.5 cup 128g
Vitamin C, total ascorbic acid	mg	1.2	9	0.127	0.4	3.1	1.5
Thiamin	mg	0.045	10	0.004	0.014	0.115	0.058
Riboflavin	mg	0.309	10	0.015	0.099	0.791	0.396
Niacin	mg	0.174	10	0.008	0.056	0.445	0.223
Pantothenic acid	mg	0.738	2	--	0.235	1.889	0.945
Vitamin B-6	mg	0.055	1	--	0.018	0.141	0.070
Folate, total	µg	9	1	--	3	23	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	9	1	--	3	23	12
Folate, DFE	µg	9	--	--	3	23	12
Choline, total	mg	25.2	--	--	8.0	64.5	32.3
Vitamin B-12	µg	0.24	1	--	0.08	0.61	0.31
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	118	--	--	38	302	151
Retinol	µg	118	--	--	38	302	151
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	394	--	--	126	1009	504
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	2.0	--	--	0.6	5.1	2.6
Vitamin D3 (cholecalciferol)	µg	2.0	--	--	0.6	5.1	2.6
Vitamin D	IU	79	--	--	25	202	101
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.121	--	--	0.039	0.310	0.155
4:0	g	0.005	1	--	0.002	0.013	0.006
6:0	g	0.004	1	--	0.001	0.010	0.005
8:0	g	0.001	2	--	0.000	0.003	0.001
10:0	g	0.003	11	0.001	0.001	0.008	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.9g	1 cup 256g	0.5 cup 128g
12:0	g	0.004	12	0.001	0.001	0.010	0.005
14:0	g	0.019	12	0.002	0.006	0.049	0.024
16:0	g	0.054	12	0.005	0.017	0.138	0.069
18:0	g	0.024	12	0.002	0.008	0.061	0.031
Fatty acids, total monounsaturated	g	0.062	--	--	0.020	0.159	0.079
16:1 undifferentiated	g	0.004	12	0.001	0.001	0.010	0.005
18:1 undifferentiated	g	0.056	12	0.005	0.018	0.143	0.072
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.006	--	--	0.002	0.015	0.008
18:2 undifferentiated	g	0.004	12	0.001	0.001	0.010	0.005
18:3 undifferentiated	g	0.002	2	--	0.001	0.005	0.003
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	4	--	--	1	10	5
Amino Acids							
Tryptophan	g	0.107	--	--	0.034	0.274	0.137
Threonine	g	0.341	--	--	0.109	0.873	0.436
Isoleucine	g	0.457	--	--	0.146	1.170	0.585
Leucine	g	0.740	--	--	0.236	1.894	0.947
Lysine	g	0.599	--	--	0.191	1.533	0.767
Methionine	g	0.189	--	--	0.060	0.484	0.242
Cystine	g	0.070	--	--	0.022	0.179	0.090
Phenylalanine	g	0.364	--	--	0.116	0.932	0.466
Tyrosine	g	0.364	--	--	0.116	0.932	0.466
Valine	g	0.505	--	--	0.161	1.293	0.646
Arginine	g	0.273	--	--	0.087	0.699	0.349
Histidine	g	0.205	--	--	0.065	0.525	0.262
Alanine	g	0.260	--	--	0.083	0.666	0.333
Aspartic acid	g	0.573	--	--	0.183	1.467	0.733

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.9g	1 cup 256g	0.5 cup 128g
Glutamic acid	g	1.581	--	--	0.504	4.047	2.024
Glycine	g	0.160	--	--	0.051	0.410	0.205
Proline	g	0.731	--	--	0.233	1.871	0.936
Serine	g	0.411	--	--	0.131	1.052	0.526
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion